

**Basic Report 14003, Alcoholic beverage, beer, regular, all [a](#)**

**Report Date: June 19, 2019 05:40 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fl oz 29.7g	1 can 356g
<b>Proximates</b>				
Water	g	91.96	27.31	327.38
Energy	kcal	43	13	153
Protein	g	0.46	0.14	1.64
Total lipid (fat)	g	0.00	0.00	0.00
Carbohydrate, by difference	g	3.55	1.05	12.64
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
<b>Minerals</b>				
Calcium, Ca	mg	4	1	14
Iron, Fe	mg	0.02	0.01	0.07
Magnesium, Mg	mg	6	2	21
Phosphorus, P	mg	14	4	50
Potassium, K	mg	27	8	96
Sodium, Na	mg	4	1	14
Zinc, Zn	mg	0.01	0.00	0.04
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.005	0.001	0.018
Riboflavin	mg	0.025	0.007	0.089
Niacin	mg	0.513	0.152	1.826
Vitamin B-6	mg	0.046	0.014	0.164
Folate, DFE	µg	6	2	21
Vitamin B-12	µg	0.02	0.01	0.07
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0

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Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
<b>Lipids</b>				
Fatty acids, total saturated	g	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0

**Footnotes**

<sup>a</sup> Proximates include ales, lagers, porters, premium beers and stouts. Other nutrients based on lager samples.